



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09278, Plantains, cooked

Report Date: June 30, 2017 21:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, mashed 200g	1 cup slices 154g
Proximates						
Water	g	67.30	6	1.106	134.60	103.64
Energy	kcal	116	--	--	232	179
Energy	kJ	485	--	--	970	747
Protein	g	0.79	3	0.042	1.58	1.22
Total lipid (fat)	g	0.18	3	0.029	0.36	0.28
Ash	g	0.58	3	0.035	1.16	0.89
Carbohydrate, by difference	g	31.15	--	--	62.30	47.97
Fiber, total dietary	g	2.3	--	--	4.6	3.5
Sugars, total	g	14.00	--	--	28.00	21.56
Minerals						
Calcium, Ca	mg	2	3	0.289	4	3
Iron, Fe	mg	0.58	3	0.029	1.16	0.89
Magnesium, Mg	mg	32	3	2.921	64	49
Phosphorus, P	mg	28	3	1.397	56	43
Potassium, K	mg	465	3	24.884	930	716
Sodium, Na	mg	5	3	0.312	10	8
Zinc, Zn	mg	0.13	3	0.007	0.26	0.20
Copper, Cu	mg	0.066	3	0.003	0.132	0.102
Selenium, Se	μg	1.4	--	--	2.8	2.2
Vitamins						
Vitamin C, total ascorbic acid	mg	10.9	3	1.611	21.8	16.8
Thiamin	mg	0.046	3	0.002	0.092	0.071

Nutrient	Unit	1			1 cup, mashed 200g	1 cup slices 154g
		Value Per 100 g	Data points	Std. Error		
Riboflavin	mg	0.052	3	0.009	0.104	0.080
Niacin	mg	0.756	3	0.039	1.512	1.164
Pantothenic acid	mg	0.233	3	0.004	0.466	0.359
Vitamin B-6	mg	0.240	3	0.013	0.480	0.370
Folate, total	µg	26	6	0.817	52	40
Folic acid	µg	0	--	--	0	0
Folate, food	µg	26	6	0.817	52	40
Folate, DFE	µg	26	--	--	52	40
Choline, total	mg	12.7	--	--	25.4	19.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	45	3	5.831	90	69
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	369	--	--	738	568
Carotene, alpha	µg	353	--	--	706	544
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	909	3	116.625	1818	1400
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	28	--	--	56	43
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.26	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.4	1.1
Lipids						
Fatty acids, total saturated	g	0.069	--	--	0.138	0.106
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.002	0.002
14:0	g	0.001	--	--	0.002	0.002
16:0	g	0.047	--	--	0.094	0.072

Nutrient	Unit	1			1 cup, mashed 200g	1 cup slices 154g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.002	--	--	0.004	0.003
Fatty acids, total monounsaturated	g	0.015	--	--	0.030	0.023
16:1 undifferentiated	g	0.005	--	--	0.010	0.008
18:1 undifferentiated	g	0.010	--	--	0.020	0.015
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.033	--	--	0.066	0.051
18:2 undifferentiated	g	0.021	--	--	0.042	0.032
18:3 undifferentiated	g	0.012	--	--	0.024	0.018
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.009	--	--	0.018	0.014
Threonine	g	0.021	--	--	0.042	0.032
Isoleucine	g	0.022	--	--	0.044	0.034
Leucine	g	0.036	--	--	0.072	0.055
Lysine	g	0.037	--	--	0.074	0.057
Methionine	g	0.010	--	--	0.020	0.015
Cystine	g	0.012	--	--	0.024	0.018
Phenylalanine	g	0.027	--	--	0.054	0.042
Tyrosine	g	0.020	--	--	0.040	0.031
Valine	g	0.028	--	--	0.056	0.043
Arginine	g	0.066	--	--	0.132	0.102
Histidine	g	0.039	--	--	0.078	0.060
Alanine	g	0.031	--	--	0.062	0.048
Aspartic acid	g	0.065	--	--	0.130	0.100
Glutamic acid	g	0.070	--	--	0.140	0.108
Glycine	g	0.027	--	--	0.054	0.042

Nutrient	Unit	1			1 cup, mashed 200g		1 cup slices 154g	
		Value Per 100 g	Data points	Std. Error				
Proline	g	0.030	--	--		0.060		0.046
Serine	g	0.025	--	--		0.050		0.038
Other								
Alcohol, ethyl	g	0.0	--	--		0.0		0.0
Caffeine	mg	0	--	--		0		0
Theobromine	mg	0	--	--		0		0
Flavonoids								
Isoflavones								
Daidzein ¹	mg	0.00	1	--		0.00		0.00
Genistein ¹	mg	0.00	1	--		0.00		0.00
Total isoflavones ¹	mg	0.00	1	--		0.00		0.00

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725